

**SAMPLE INFORMTION SHEET FOR PARENTS PROCEDURE FOR
TREATMENT AND PREVENTION OF PEDICULOSIS**

SAMPLE

(School Letterhead)

PEDICULOSIS TREATMENT VERIFICATION

DATE: _____

TO: _____
(Name of School)

_____ had his/her shampoo treatment with

_____ on _____
(Name of Shampoo) (Date)

and I have begun to remove nits.

Signature of Parents or Guardian

OR

DATE: _____

TO: _____
(Name of School)

_____ had his/her shampoo treatment with

_____ on _____
(Name of Shampoo) (Date)

and all nits have been removed.

Signature of Parents or Guardian

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PARENT INFORMATION – PEDICULOSIS (HEAD LICE)

WHAT ARE HEAD LICE?

Head lice are tiny insects 1/8" long that live on the human head. Color varies from light to dark tan. They do not jump or fly, but crawl from hair to hair and feed on blood from scalp bites.

WHAT IS A NIT?

Nits are the tiny, smooth, plump, teardrop shaped eggs of lice. Unlike dandruff and other matter they are strongly glued to the hair shaft, often close to the scalp. Nits are usually grayish-white but color may vary depending on the color of the person's hair. Nits can be found anywhere on the head, often around the ears and the back of the neck. Nits hatch in 7-10 days.

DO THEY CAUSE DISEASES?

No. Head lice do not spread illness. However, they can cause severe itching. Skin infections may occur from scratching.

HOW DO YOU GET HEAD LICE?

Anyone can get head lice, rich or poor, clean or dirty. Head lice can be passed from one person to another in a number of ways.

1. Head to head contact.
2. Sharing personal items like combs, brushes, towels, bedding.
3. Sharing clothing such as hats, coats, scarves, ribbons, and hair decorations.
4. Placing heads on furniture, rugs, car seats, recently used by someone with lice.
5. Piling coats, hats, or scarves on top of each other.

WHAT ARE SIGNS TO LOOK FOR?

1. Itching of the head, especially around the ears and the back of the neck.
2. Nits. Small white specks in the hair such as dandruff can be confused with nits. These things can be easily removed, while nits are glued strongly to the hair.
3. Adult lice may not be seen.

**REPEATED TREATMENTS WITH THE HEAD LICE SHAMPOO SHOULD NOT BE
DONE WITHOUT CONSULTING YOUR FAMILY PHYSICIAN.**

WHAT TO DO IF HEAD LICE IS SUSPECTED

1. CONTACT YOUR DOCTOR-OR YOUR HEALTH DIVISION-OR PURCHASE A NON-PRESCRIPTION HEAD LICE SHAMPOO FROM A DRUG STORE AND FOLLOW DIRECTION CAREFULLY
2. REMOVE ALL NITS FROM THE HAIR. Removed nits should be placed directly in a plastic or paper bag and then in a trash container.
3. CHECK FAMILY MEMBERS DAILY FOR 10 DAYS, AND TREAT IF LICE OR NITS ARE FOUND.

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IS SHAMPOOING ENOUGH?

No! Treatment is not complete without proper care of these items:

1. Clothing:
 - a. Heat kills lice and nits. Machine wash, with very hot water, all washable clothing and bedding used in the past 10 days. This includes hats, jackets, scarves and stuffed toys.
 - b. Items not washable should be dry-cleaned or stored in tightly sealed plastic bags for at least 14 days.
 - c. Combs, brushes, curler and hair ornaments should be washed in lice shampoo, or soaked in a 2% Lysol solution for 1 hour, or soaked for 5-10 minutes in a pan of hot water heated to 150 degrees (heat may damage some items).
2. Upholstered furniture, pillows, mattresses, carpeting, cloth car seats, should be vacuumed thoroughly.

The steps listed above need to be done immediately after first shampooing and again if a second shampoo is part of the prescribed treatment.

CAN HEAD LICE BE PREVENTED?

Measures can be taken to lessen the risk of getting head lice.

1. Items such as combs, brushes, hats, scarves, and clothing that have contact with the head should not be shared.
2. Headgear should be placed in sleeves or pockets of coats and jackets when not being worn.
3. To prevent spread if lice are found:
 - a. All family members need to be checked.
 - b. Notify school, and parents of children's playmates
4. Shampooing with a head lice shampoo will not prevent someone from getting head lice.

****This Parent Information Sheet was adapted from materials in the Oakland County Health Division and the Wayne County RESA Pediculosis Control Guidelines.**